



KVHA News – 2016-17 Hockey Season Set to Get Underway Monday, August 29th

Kent Valley Ice Centre, Kent, WA. Friday, August 12, 2016 – Les Grauer, Kent Valley’s “Ice Schedules Wizard,” is busy working on the ice schedule for the first week of the 2016-17 hockey season. He provided a draft of that first week’s ice schedule (Monday, August 29th through Friday, September 4th) to provide KVHA members an idea of what we’re looking at as a foundation for the 2016-17 hockey season.

Please note: We still have some registration “hold outs” that could impact one way or the other how many teams we will offer at each age level. We are facing a situation in a couple of cases where we have too many players for one team and not enough for two teams. So, please register your player as soon as possible. And, thanks to all those who have already completed their registrations.

The current ice plan accommodates the following Recreation (Rec) level teams:

- Mite Rec = 2 teams
- Squirt Rec = 2 teams
- PeeWee Rec = 2 teams
- Bantam Rec = 1 team
- Midget Rec = 1 team

The plan for Tournament level teams includes:

- PeeWee 12U = 1 team
- Bantam 14U = 1 team
- Midget 17U = 1 team

Kent Valley’s two PeeWee rec teams have the first ice slots of the new season on Monday, August 29th at 5:20pm. Mites and Bantams follow at 6:30pm with 14U & 12U Selects at 7:40pm. Squirts lead off Tuesday’s ice schedule at 5:20pm followed by Midgets at 8:10pm. You can check out the balance of the first week’s schedule by visiting the Ice Schedule page on the KVHA Web under the **Ice Schedules** tab. Look for the Ice Schedule for **2016 Summer - Week 11** near the bottom of the page. Now you know!

Second Round of U14 and U17 Tryouts Coming up August 18th and 22nd at Kent Valley Ice Centre

Mike Anderson, Kent Valley’s Tournament Team Coordinator and Head Coach, confirmed additional tryout times recently for the 14U and 17U Tournament Teams. All tryouts will be held at the Kent Valley Ice Centre. The tryout dates are:

- Thursday August 18 @ 5:45 – 7:15 pm (for both 14U & 17U)
- Monday August 22 @ 5:45 – 7:15 pm (for both 14U & 17U)

These tryouts are open to new players as well as those who attended the earlier tryouts. Try-out fees are \$50.00 for new players and \$25.00 for accepted players and players who were not offered spots after the prior tryouts. Reminder, tryouts are open to all players and players need not be registered with KVHA to attend the two tryouts and learn more about the program.

Stay Tuned for Final 12U PeeWee Tryouts

Anderson is also working on scheduling final tryouts for a PeeWee 12U Tournament Team. He encouraged interested parties to stay tuned for further details.

Please contact Head Coach **Mike Anderson** via e-mail with any questions. [Click here](#) for a Tryout Registration Form.

ADM Half Ice/Cross Ice Games Being Considered for Squirt 10U Rec Teams Throughout the MHL This Season

Local hockey associations are discussing the potential of extending Half Ice or Cross Ice games to the Squirt 10U level in addition to the Mite 8U level. Some Kent Valley members expressed concern about this development and are considering the potential of moving their Squirt player to another association to avoid Cross Ice Games at Kent Valley. Well, that may not work. It appears that all of the Metropolitan Hockey League member associations are considering the move for the entire league. USA Hockey is also considering adopting Half Ice/Cross Ice games as part of their American Development Model (ADM) program for the Squirt 10U level.

If you're wondering about the benefits of Half Ice/Cross Ice games, the following comes from the ADM section of USA Hockey's web site. [Click here](#) for the link to this and much more on the subject. The following is provided for your clarification and convenience:

The USA Hockey Skill Development Program, which is for children, is based on a model of practicing and playing hockey across the 85 feet width of the ice surface as compared to practicing and playing lengthways along the full 200-foot length of the ice surface. This cross-ice practicing and playing model has been used in many of the leading hockey nations in the world for a number of years and has stood the test of time. It has been shown that children who begin their hockey training in this environment have an outstanding hockey experience.

Parents may ask the question why should my child play cross-ice, what will this bring? I want my child playing like the professionals do, full-ice, because I want my child to experience "real hockey".

To help address these questions, let's think about a child trying to skate with a puck while performing a drill the entire 200 feet from one end of the rink to the other, how long will this take? How much energy will this require? Will the player's decision-making skills be enhanced more in the close action of the smaller cross-ice surface or in the wide-open area of the full-ice surface? In which situation will the child be more involved in the action?

A study of hockey games played on the full-ice surface by George Kingston in 1976 found the following:

- In a sixty-minute running time hockey game between 6-8 year old children, the average player had possession of the puck for 20.7 seconds.
- Top National Hockey League and international professional players were also timed and no player exceeded 85 seconds of puck possession time.
- In a sixty-minute children's game the actual playing time of the game was 20 minutes and 38 seconds. Taking this into consideration, the individual player is only on the ice every third or fourth shift depending on how many players are on the team, resulting in even less ice time.
- An average of less than 0.5 shots per game for youth players and only 1.5 shots per game for junior and professional players.

The study concluded that:

- For young players in the “full-ice game model” of development, the youngest players would require 180 games and the older youth players would require 80 games to enjoy 60 minutes of actual puck possession time to execute their stickhandling, passing, pass receiving and shooting skills.
- Professional and international players would require 60 games to ensure 60 minutes of puck control skill development.

Many players never touched the puck in the game, especially in youth hockey.

USA Hockey firmly believes that by giving children the opportunity to participate in the Skill Development Program, which supports cross-ice practicing and playing, that their enjoyment of hockey as well as their hockey skills will be greatly enhanced.



“Learn to Play” Hockey Groupon Coupon

Do you know a child in the 4 to 10-year-old age group, boy or girl, who might be interested in learning how to ice skate and play hockey? If so, here’s a great opportunity for them to do so and save 40% in the process. Check out the Kent Valley Hockey Groupon Deal going on now for “Learn to Play” Hockey! The discounted cost is only \$217 for the 24 session program for one child, age 4 – 10. The “Learn to Play” program value is \$362.28. **[Click here to take advantage of this deal now!](#)**

Additional details about KVHA’s “Learn to Play” program are available on the KVHA web. **[Click here](#)** to view the schedule and other details.

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